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# Carl Vinson Gazette

Vol. 7/No. 6



## Military Appreciation



**Photos page 4-5**

## Inside this issue ...

- 2 Advancement Exams
- 2 CMC's Corner
- 3 Support Group
- 3 AHOC Meal
- 4-5 Admirals Hockey
- 6 Sailor in the Spotlight
- 7 Aboard the Vinson
- 8 Upcoming Events



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## Sailors See 'Big Picture' during Cleaning Stations

By MCSN Nina Hughes  
USS Carl Vinson Staff Writer

Sailors on board USS Carl Vinson (CVN 70) are manning their brooms this February as the ship revives the daily evolution of cleaning stations in support of the aircraft carrier's rapidly-approaching crew move-aboard (CMA) at Northrop Grumman Newport News shipyard in Newport News, Va.

As the "Gold Eagle" draws closer to completion of its refueling complex overhaul (RCOH), the ship's crew is doing their part to ensure



Photo by MCSN Nina Hughes

A Sailor throws out trash during USS Carl Vinson's (CVN 70) cleaning stations in preparation for the ship's Crew Move Aboard.



Photo by MCSN Nina Hughes

Crew members sweep a main berthing during cleaning stations aboard ship.

the Nimitz-class aircraft carrier returns to an operational tempo and routine on board.

"The cleaning stations evolution is important because it maintains day-to-day cleanliness on board," said Senior Chief Machinist's Mate (AW/SW) Shawn Schmoll. "Proper cleaning efforts now will pre-

vent a major 'field day' toward the very end of RCOH, and will ensure that the crew's living, working, and eating spaces are in optimal shape by the time crew move-aboard comes around."

Not only are Carl Vinson Sailors taking care of daily dust and dirt build-up, they're also taking care of heavy-duty habitation projects as well. Grinding, priming, painting, and maintaining spaces are all part of the command effort.

Aviation Boatswain's Mate (Handling) 2nd Class (AW) Steven Rodriguez said the ship's upcoming crew move-aboard evolution will run a lot smoother and more efficiently because of the efforts by the crew with cleaning stations.

"Cleaning Stations brings us one step closer to manning

the rails as our ship prepares to go back out to sea," said Aviation Boatswain's Mate



Photo by MCSN Nina Hughes

A group of Sailors work together in order to clean and prep spaces on board USS Carl Vinson.

(Handling) Airman Keith Aiken. "It seems small, but it's very important because soon, we'll be living on this ship every day. This ship will become our home away from home. We must establish a high standard of cleanliness now, and sustain this standard."



# USS Carl Vinson Sailors Prep for Advancement Exams

By MCSN Candice Villarreal  
USS Carl Vinson Staff Writer

Sailors assigned to USS Carl Vinson (CVN 70) are hitting the books in preparation for the upcoming March cycle of Navy-wide advancement exams at Northrop Grumman Newport News shipyard in Newport News, Va.

With many departments on board facilitating at-work study sessions and the ship's Educational Services Office (ESO) offering assistance with exam eligibility worksheets and advancement information, "Gold Eagle" Sailors are allotted every opportunity for a successful March exam cycle.

"We have a lot of resources at our fingertips on board Carl Vinson," said Personnel Specialist Seaman Dave Wink, of the Nimitz-class aircraft carrier's ESO division. "Study tools and websites have been passed along to the crew and time is set aside to study, so it's pretty much up to the

individual Sailor now to ensure they make rank."

Personnel Specialist 1st Class (SW/SS) David Leggett, a member of the ship's ESO team, is doing his part to explain the details of the Navy-wide exam worksheet to eligible crew members.

"We explain just about everything so Sailors understand exactly how many points they're going into the exam cycle with," said Leggett. "But we also explain that just because they have a certain amount of points, this doesn't mean they don't need to study hard for the exam."

Over the past few months, many Carl Vinson Sailors have taken to a study routine in hopes of being promoted to the next rank, and with the help of some shipmates on board, many feel like they have a viable chance this time around.

"I'm just going to study until I don't feel I can possibly retain any more information," said Boatswain's Mate 3rd Class (SW) Michelle Adams. "I figure it will pay dividends in the long run."



Photo by MCSN Candice Villarreal

Personnel Specialist 1st Class Daniel Leggett of the ship's Educational Services Office reviews an exam worksheet with a junior Sailor to establish his eligibility for the upcoming Navywide E-4 advancement exam.

## CMC's Corner

Greetings Team Carl Vinson,

Welcome back to SK2 Toliver and RP3 Ivy who've recently returned from their IA duties at the tip of the GWOT spear. They join over a hundred Carl Vinson warriors who've completed IA deployments since the beginning of the Refueling and Complex Overhaul (RCOH).

In one of the earlier CMC corners published in 2006, I shared with you an excerpt from an article written by then PACFLT Master Chief West.

The topic was on the "\$10,000 drink" and it was about the actual cost of the drink that results in an alcohol-related incident.

How does the wrong decision at the moment of choice end up costing \$10,000? Here's the breakdown with fees updated for 2008:

Fines (1st offense):	\$2,500
Court Costs:	\$500
Insurance Surcharge:	\$1,500
VA Civil Remedial Fee:	\$2,250
VA Alcohol Safety Program:	\$500

Car Towing/Impound Fee: \$250  
License Reinstatement Costs: \$1,000

Since the Navy will not provide DUI offenders with a personal legal defense counsel, estimated cost is about \$3,500 for a decent lawyer. I realize some may charge a little cheaper for their services so to round up the total cost to an even \$10,000, a bargain-price \$1,500 lawyer is retained based on the hope that some legal representation will reduce jail time and other consequences.

Shipmates, if you think that Ten Grand sounds too steep a price for a drink, think about how this amount would pale in comparison if you or your loved one or an innocent bystander got hurt during a DUI incident.

Please PLAN AHEAD and use a designated driver. Call your mentor, the chain-of-command or even the quarterdeck if you find yourselves needing an alternative to a liberty mission that did not go as planned. Also, break-out and use the USS CARL VINSON's Free-Ride card. This com-

mand program has provided assistance to many of our shipmates and contrary to any misconception, the Free-Ride program is exclusively used to help Carl Vinson Sailors who find themselves in time of need.

Make the right decision at the moment of choice, Shipmates.

Three weeks to go til the March navywide advancement exams. How will you compete better for those limited advancement quotas? You can prepare better by studying the CORRECT material - the best way to find out exactly what you need to study among thousands of pages of references is by using your rating's advancement bibliography (aka "Bibs"). The Bibs show that although In-Rate topics are different according to each rating, all exam candidates within each paygrade will be tested on the same Professional Military Knowledge (PMK) subjects.

Therefore, all E-6 exam candidates can focus their studies and quiz one another on any of the same PMK topics. Same applies to all E-5 and all E-4

exam candidates. As an example, E-6 exam candidates, regardless of rating, should be studying their notes from E-learning course LEAD0125 (Leading Change from the Front Line); all E-5 exam candidates should also have completed E-learning course LEAD0126 (Dynamics of Leadership); and all E-4 exam candidates should be reviewing NWP 3-07.2, Navy Doctrine for ATPF (available on the share drive under the Task Force Advancement Folder or at <https://dodpse.spawar.navy.mil>).

Shipmates, sharpen that competitive edge through a combination of group/individual study and take those practice exams prepared by our Task Force Advancement team.

One Team, One Fight. Keep up the Carl Vinson Pride!

V/R  
CMDM (AW/SW) Glenn Mallo





# 'Gold Eagle' Forms Single Parent Support Group

By MCSN Candice Villarreal  
USS Carl Vinson Staff Writer

Single parent Sailors assigned to the Nimitz-class aircraft carrier USS Carl Vinson (CVN 70) have formed the command's first-ever Single Parent Support Group, which met for the first time Feb. 19 on board the ship.

The group, initiated by Storekeeper 1st Class (SW/AW) Jessica Doucette of the ship's Morale, Welfare, and Recreation division, was formed to serve as a centralized point of information and support for single parents assigned to the command.

"I wanted to start a group to provide valuable information for single parent Sailors that are going through similar challenges that I have gone through," said Doucette. "By doing so, we can keep our Sailors with special needs better informed."

For many single parent crew members assigned to the "Gold Eagle," this new support group

focuses on common concerns and challenges that single parents face while serving on sea duty.

"We have a lot of people on board with similar concerns and needs," said Chief Aviation Support Equipment Technician (AW/SW) Boris San Andres, who played a pivotal role in the support group's development. "This is why our crew needs a group like this."

San Andres added that Carl Vinson Sailors routinely utilize services offered from Fleet and Family Support Centers (FFSC) throughout Hampton Roads, but this group provides additional support by facilitating more localized support from fellow crew members serving on board.

"Our Sailors share a special camaraderie and kinship, so this support group helps them tackle their challenges together," said San Andres.

According to Doucette, the



Photo by MCSN Matthew DeWitt

Sailors assigned to USS Carl Vinson attend a meeting for the aircraft carrier's first-ever Parent Support Group Feb. 19. The support group was developed as a central point of information for single parents assigned to the command.

group embodies a Carl Vinson standard of taking care of people who need it the most.

"This is our crew; these are our people; they are our shipmates," said Doucette. "Being

a single parent can be difficult at times. We want our Sailors to know they can rely on their shipmates to help achieve the right balance to be a single parent and serve on sea duty."

## CVIN Sailors Gather for AHOC Meal

By MC2 Monika Rios  
USS Carl Vinson Staff Writer

USS Carl Vinson (CVN 70) Sailors celebrated the crew's diversity by coming together for a special meal on the Floating Accommodation Facility (FAF) mess decks Wednesday, Feb. 13, in Newport News, Va.

Arranged by the aircraft carrier's American Heritage Observance Committee (AHOC) and Supply department's S-2 division, this month's special meal brought Sailors of all rates and ranks together to celebrate this month's theme: African American History Month.

"From what I've seen, I think our crew is very enthusiastic about being introduced to a variety of different cultures and foods," said Culinary Specialist (SW) Alonzo Phelps, a Sailor assigned to Sup-

ply department's S-2 Division. "The celebration of diversity and special meals always brings out camaraderie among the crew, and this helps boost morale."

With a broad and appealing menu of entrees and side dishes beckoning, crew members from all departments on the ship took time out of their busy schedules to participate in the celebratory meal.

"I enjoy being a part of these special events," said AHOC Chairman Yeoman 2nd Class (SW) Tina Johnson. "Every meal AHOC puts on helps remind the crew that our Sailors are always willing to go the extra mile to boost morale on the ship. Not only that, but we are given an opportunity to educate our shipmates about the wonderful, yet different cultures that make up today's Navy."

## The Scoop on SCOOP

### Did you know???

- Total pallets to be unloaded by CMA- 1734
- Total pallets to be SCOOPed by March 31- 700
- Pallets unloaded first week- 28

Departments are reminded to verify draw down requests and forward to SHCS Jeff Davidson at #534-0790.

**Remember:**  
SCOOP spaces must have secure doors that can be locked. All production must be completed before gear can be returned to a space.



# Military Appreciation N



**M**ore than 150 USS Carl Vinson (CVN 70) Sailors and their families attended a Norfolk Admirals hockey game in celebration of military appreciation night Feb. 15, at the Scope Arena in Norfolk, Va.

Sailors assigned to the aircraft carrier came out to enjoy the match between the Norfolk Admirals and the Worcester Sharks, with the Admirals ultimately defeating the Sharks with a final score of 4-2.

"I brought my son to the event so that he could have a good time," said Storekeeper 1st Class (SW/AW) Jessica Doucette. "We enjoy hockey and play together all the time, and we're looking forward to coming back for the next one."

To add to the night's excitement, "Gold Eagle" Sailors Master-at-Arms 2nd Class Chris Tyner and Aviation Boatswain's Mate 3rd Class John Berish stole the spotlight for their 15 min-

utes of fame as they participated in a tricycle race during the event.

"We hold two Military Appreciation Night events annually, one at the beginning of the year and one at the end of the summer," said the director of group services for the Admirals.

Colon added that the event was attended by more than 4,000 people.





# Night With the Admirals

Story and Photos by MC3 David Shen



they claimed victory (LHD 1) in an on-ice game, one of the inter-

Military Appreciation event, one toward the year and one during the Charles Colon, di-

at about 65 percent of the attendance were

either military personnel or affiliated with the military in some way.

The Morale, Welfare, and Recreation division on board USS Carl Vinson sold more than 150 tickets to Sailors assigned to the command, marking a successful off-duty event for the ship's crew.

"It's my first time attending this kind of event," said Yeoman 2nd Class Melissa Lipscomb. "These kinds of things help build camaraderie outside of the normal work routine. The whole event

was really nice."

Aside from watching the Admirals steal the win; Carl Vinson Sailors sat back, relaxed, and enjoyed a night dedicated specifically to all who wear the cloth of the nation.

"We recognize that the military makes up a large population in Hampton Roads," said Colon. "So we try to honor the military personnel in the area and give back a little bit of enjoyment to those who serve."



## Sailor in the Spotlight

By MCSN Roderick Barclay  
USS Carl Vinson Staff Writer

According to his colleagues, Aviation Boatswain's Mate (Equipment) Airman Francisco Pugeda, a member of Air department's V-2 division, is a junior sailor held in very high regard.

"Pugeda is the go-to guy for anything needed within our division," said Aviation Boatswain's Mate (Equipment) 1st Class (AW/SW) Daniel Gipple, V-2 division leading petty officer. "What makes this more remarkable is that he is an Airman, and not a senior petty officer."

As the divisional training petty officer, Pugeda is responsible for 15 Sailors in seven workstations throughout the division. He enters all workstation jobs into the department's Organizational Maintenance Management system (OMMS) and ensures that each task is completed and documented properly.

Pugeda said his personal motivation stems from his belief that proper organization is the key to getting a job done right.

"I try to do my job in an efficient, orderly, and timely manner with all aspects covered," said Pugeda. "I always know what I am supposed to do, and it has become almost second nature to me."

Pugeda noted that growing up in the Bay area of California taught him many life lessons that have helped him throughout his career in the Navy.

"Everything I learned in the Bay carries over into my job in the Navy," he said. "Like back home, I know that here I have to try my best at anything I do in order to succeed in my career and my life."

Pugeda also said he attributes his inspiration to his parents and family, along with the senior enlisted supervisors in Air department.

"He doesn't just walk on water; he freezes it so others can follow behind him," said Aviation Boatswain's Mate (Equipment) 1st Class (AW) David



Photo Illustration by MCSN Roderick Barclay

Tipton. "I can't put into words the value of this young man, and the positive impact he has on our department as a whole. Watch out for him; he is going places in the Navy."

### Military Saves Campaign

Build wealth; not debt! Military Saves Week (24 February – 02 March 2008) is a week of intense focus on taking financial action and making a commitment to save money. A variety of partners work with command leadership to publicize Military Saves Week, encourage military and their families to enroll as a saver at [www.militarysaves.org](http://www.militarysaves.org) and offer special events, classes and resources that focus on individual financial fitness. Partners include: Command Financial Specialist (CFS), Fleet and Family Support Centers, Public Affairs Offices, installation banks and credit unions, Child and Youth Programs (CYP), Morale Welfare, and Recreation (MWR), installation Bank Liaison Officers, commissary, schools, and more.

To learn about Military Saves Week 2008 events at your installation, contact your Fleet and Family Support Center.

## Good Livin' Space of the Week 01-247-1-L



Photo by MC3 David Shen

Aviation Boatswain's Mate (Fuel) Airman Apprentice Karisma Crain of Air department's V-4 division was rewarded for her team's hard work during cleaning stations Feb. 14, when USS Carl Vinson Executive Officer Cmdr. Steve Koehler selected the berthing space as the Carl Vinson "Good Livin' Space of the Week."





# This Week Aboard USS Carl Vinson ...



Photo by MCSN Matthew DeWitt

Individual Augmentees on board USS Carl Vinson enjoyed an honorary luncheon with Commanding Officer Capt. Ted Carter Feb. 19, on the mess decks of the aircraft carrier's Floating Accommodation Facility.

## Making a Difference

It is really good to see the ship falling back into its routines, bringing back the color guard to perform daily colors, ramping up damage control training, and especially, reviving cleaning stations. At once, it makes me remember being underway and, at the same time, looking forward to the day this ship will once again go to sea. With quite a few of the Sailors on board who've yet to go to sea, I imagine they are taking quite a bit of this on faith.

But, the reality of the matter is that none of us need to look forward or back to get a full picture of our impact on the ship's future. With every milestone we pass, with every pallet we on load, with every space we clean, we are putting into motion the series of events that will define the future of this ship, and we're doing all of this in the present. It's not some far off distant goal. Our time to make a difference is now.

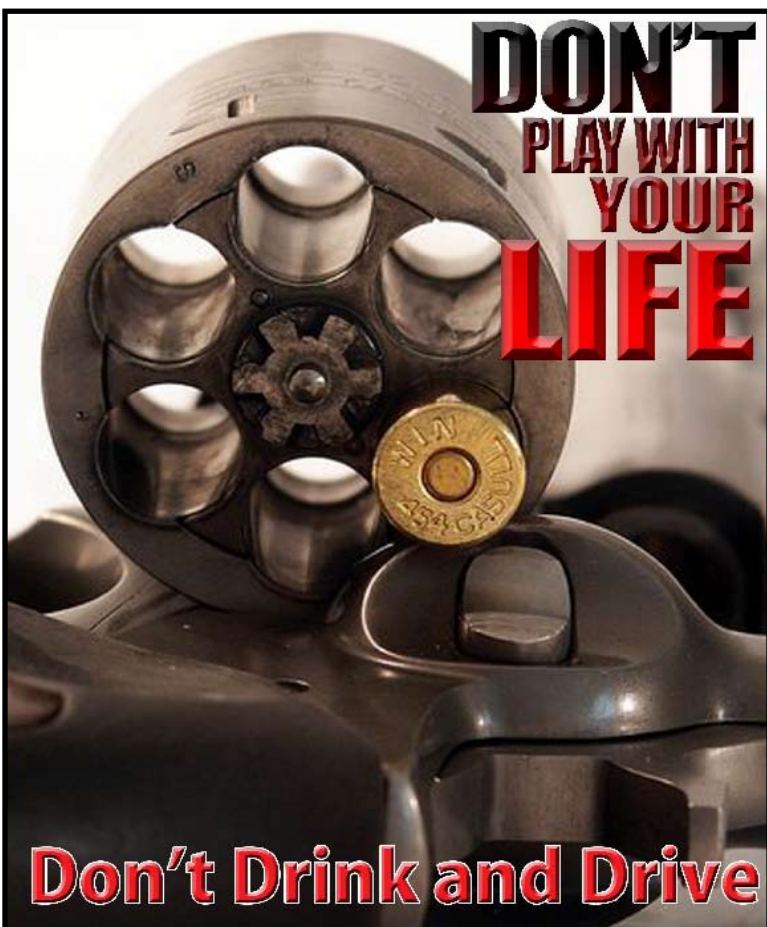
Many Sailors may transfer long before the ship goes out for sea trials, but the efforts they make now will make a difference to all the crew members that do get underway. The Captain has ordered a special time clock, which will be displayed soon on the ship's quarterdeck, and will tick off what minutes are left before the conclusion of this massive overhaul and the start of our first sea trial. As this time keeping device peers down at us and marks the urgency of the situation, it makes an important statement for the present. These minutes are ours to forge this aircraft carrier into the ship we'd all like it to be. Right now, through our work with cleaning stations, we can lay the ground work for a sustained standard of cleanliness that will remain with the crew long after each and every one of us is gone.

Though cleaning stations seems like a small detail in the big picture, its meaning and the results of our work can't be measured. We are assuming ownership for our ship, space by space, and ensuring Carl Vinson meets its challenging road ahead as we press forward into the final phase of RCOH.

Our contributions toward the accomplishment of every evolution, including cleaning stations, are helping us see the light at the end of the tunnel. The XO told us recently that he continues to be impressed with the crew's effort in getting the ship back to a high standard of cleanliness. He's empowered all of us to come together and execute cleaning stations daily. So as you partake in your next cleaning stations evolution, remember that no task is too small or unimportant in the role of bringing our ship back to life. Your work is important and we can't accomplish RCOH without the commitment and dedication of the entire crew.

Clean your spaces with pride, and know by doing so, you are doing your part to bring the mighty Carl Vinson back to life, ready for another 25 years of service to our nation.

**MCC (SW) Janet Davis**  
Media Department LCPO



USS Carl Vinson's



## Morale Welfare Recreation

### The Circus is Here!!!

Check out the Ringling Bros. Barnum and Bailey Circus Feb. 28 in Hampton for only \$9.50! Tickets must be purchased by Friday, Feb. 22. Stop by MWR to take advantage of this awesome deal!

### Harlem Globetrotters!!!

Buy your tickets today at the MWR office for the opportunity to see the Harlem Globetrotters Friday, Feb. 29, through March 1. Tickets cost \$15!

### Need Fitness Motivation???

Group fitness classes are held Monday - Friday at 6:00 a.m. and 1:30 p.m. every day at the Huntington Hall gym. Classes include the following: kick boxing, step, power pump, step and sculpt, and stretch and sculpt! Come check them out today!

### Adventure into the Unknown!!!

Sign up now for the Feb. 22, Adventure into the Unknown! Don't miss out on a great opportunity for free fun. Sign up at the MWR office now for the next exciting Adventure to begin!

### Take a Tubing Trip!!!

Take a trip to the snow for a fun day of tubing. Drop over the snow for the lengths of three football fields and speeds of up to 30 mph. What could be more fun? Guaranteed to be a blast! Sign up at the MWR office today!

### Racquetball Ladder Tournament!!!

Register today at the Waterfront Athletic Complex Q-80, at Norfolk Naval Base or call 444-1232 for more information on how to join the racquetball tournament happening now through March 17.

### Want to Learn to Climb???

For only \$10 (\$15 for guests) you can learn to climb at one of the largest indoor climbing facilities on the East coast. Included are a learn-to-belay class, day pass to climb, equipment and transportation. Sign up in the MWR Office on the FAF for this Sunday, March 9 trip!

